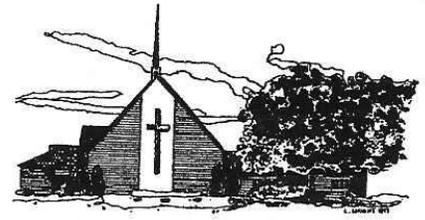


# The Circuit Rider



*Shepherd of the Valley United Methodist Church*

*April, 2020*

**Editor's Note:** *Welcome to an abbreviated version of the Circuit Rider. We are bringing you the information you need to connect with Shepherd of the Valley and your church family in this time of uncertainty and social distancing. Since we don't know when we can resume in-person worship, meetings, and gatherings, we are only including current "non-personal" events. When the world resumes "normal" operations, we will bring you all the events, meetings, etc. that we have missed.*

## Message from the Blue Couch

Dear Shepherd of the Valley Friends and Family,

I think about and pray for you all as we keep our distance from each other in this uncertain time. I hope you are doing well and are finding healthy ways to cope with the stress we are all dealing with. I thought I would share with you some of the lessons I have learned living during the time of Corvid-19.

1. I had always heard that the fear of speaking in public is people's #1 fear. I now know that people's actual number one fear is running out of toilet paper. Who knew??
2. I learned that even the simple human connection of being in public spaces with strangers is essential to my wellness. I miss just being in the store with fellow humans.
3. I am in awe of the power of human creativity. Every day I am see people on social media doing creative things to engage with each other and help to relieve each other's stress level.
4. I touch my face a lot!! Seriously!! A LOT!!
5. When we all sacrifice the planet responds immediately. I have been reading articles about how quickly the atmosphere has cleared since our constant motion fueled by fossils took a pause. I wonder how we will apply this knowledge when we all go back to our regularly scheduled lives.
6. I have always had a deep respect for medical personnel, but wow do we owe them and their families a dept of gratitude!!
7. Teachers, childcare workers, stay at home parents and grandparents who step up to help rock!! If this had happened when my kids were little..... well let's just say nothing good would have come from that!
8. Ever since social media was invented, we have been told that we can't possibly make authentic connections through social media. Over the last couple of weeks, I have learned that simply isn't true. When we come to the chat room ready to share our authentic selves it possible to truly engage with each other in meaningful ways.
9. Over the last couple of years, I have struggled with the idea of live streaming our worship. I have

### Shepherd of the Valley United Methodist Church Vision Statement

We are Shepherd of the Valley United Methodist Church, a multi-generational Christ community seeking to sing God's spirit into the world by inviting all, serving all, loving all.

**Shepherd of the Valley United Methodist Church**  
604 Seven Mile Road, Hope, RI 0283  
Hope, RI 02831

**Worship and Church School**  
Sunday, 9:30 a.m.

**Office Hours: Monday - Thursday, 9:00-12:00**

**Phone: 821-8217 • Fax: 826-7787 • E-mail: [office@sovumc.org](mailto:office@sovumc.org) • Web site: [sovumc.org](http://sovumc.org)**

**Rev. Katherine Mitchell**

always been concerned that people couldn't participate with the faith community if they were only connecting with us online. But I am coming to realize that maybe we just need to offer it as gift and trust that God will use that gift for creating more faith, hope and love in the world.

10. The Holy Spirit as the power to reach our hearts even over the interwebs! Over and over again I have felt touched by God's grace while sitting and looking at a grid of the faces of church folks on Zoom. I am so grateful!

I wonder what wisdom you have gained from this experience. I would love to hear!

Be Blessed, Be a Blessings,

PK

## Connecting

Use this Zoom link to connect with your SOV family: <https://zoom.us/j/425828510>, Meeting ID: 425 828 510; call in +1 253 215 8782 US, +1 301 715 8592 US, Meeting ID: 425 828 510

- **Sunday Worship**—"Drive-in Church" (like the old drive-in theaters, weather permitting). Come to the church, stay in your car, and connect using your FM radio. You can also join using the Zoom link.
- **Zoom Lunch**—Are you working from home or just at home and need a way to connect with other humans? Join us for Zoom Lunch Monday-Fridays from 12:00 noon to 1:00 p.m.
- **Women in Spiritual Harmony**—Wednesdays from 9:30 to 11:00 a.m.
- **Soup and Soul Online**—Join us for Soup and Soul online. You don't have to have go to all of them to participate. We will watch the video starting at 6:30, followed by discussion.
- **Kids' Connection**—Kids can connect with PK and each other via Zoom on Thursdays at 6:30.
- **Men's Breakfast**—This group will meet via Zoom at 6:00 a.m. on April 10<sup>th</sup> and 24<sup>th</sup>.

## Easter and Easter Week

As you can imagine plans for Holy Week are tentative right now. Pastor Katherine will be meeting with our leadership to determine the best way to experience Holy Week and celebrate the Resurrection. What we can say is that we will absolutely create a way to take the Holy Week journey together. We are hoping to do a Drive In Church on Palm Sunday and Easter Sunday at 9:30. We would gather together in our cars in the church parking lot. Pastor Katherine and Steve will broadcast the service from the parking lot through an FM channel on your car radio. We would wave our palms out the windows on Palm Sunday and maybe even decorate our cars for Easter. We can be together and still keep our distance! Watch your email, our Facebook page, and website for details.

## Giving

Even though the church is not open, our financial needs remain and are even greater at this time. We are still paying our staff their regular wages, regardless of hours worked, and our utilities, insurance, and other regular bills haven't stopped. In addition, without in-person worship our weekly giving is down, many are not able to give due to layoffs or other reductions in income, and there are greater demands from those with reduced financial circumstances.

- **Give Electronically**—Use this link to give electronically: <https://www.sovumc.org/give-now/>
- **Regular Giving**—If you normally give by cash or check on Sunday mornings, please mail your contributions to the church or use the link above (use the "General Fund" category).
- **Electronic Funds Transfer**—If you would prefer not to have to mail your contribution but have it deducted from your checking account, contact the church office. Also contact the office if you would like to increase your regular gift during this time, or need to decrease it.

- **Pastor's Discretionary Fund**—This fund, which has been pretty well used up, is available to Pastor Katherine to provide short-term financial assistance for food, rent, utilities, or other needs for members of our church and community.

## Caring and Sharing

### Shepherd's Pantry

Demand on our food pantry is even greater. We need all the basics—tuna, pasta, spaghetti sauce, cereal, fruit, soup, vegetables, crackers, paper goods, etc. Healthier food options, including gluten-free and lower sodium/fat free items, are always needed along with computer paper and similar sized boxes—they are perfect for our food pickups. You can drop your donations off under the overhang at the entrance to the Hope Room. Someone is at the church regularly to collect and distribute your offerings. Cash or grocery gift cards are also welcome.

### Shut-Ins

We have a number of shut-ins who could use a phone call, card, note, or delivery. Contact Pastor Katherine or the church office if you can help.

### Social Media

Social media sites, such as Facebook, are becoming an invaluable way to connect with others during this time of self-isolation and social distancing. The church has a Facebook page, and PK invites you to “friend” her on Facebook. To join (even if only during the current situation), go to [www.facebook.com/r.php](http://www.facebook.com/r.php), input the appropriate information, and click “Sign Up.” Use the “Search” function at the top, type in PK (or anyone else you'd like to “friend”), and click “Add Friend.”

## Church Council Minutes: February 24, 2020

Attendees Donna Faria, Jay O'Connor, Sue Dyl, Marti Bower, Howard Gay, Meg Davis, Lisa Marciniak, John Lombardo, Barbara Walz, Tom Senerchia, Sandy Knapp, and Pastor Katherine Mitchell.

Meeting started at 7:05. PK opened by asking each person how they feel at that moment with one word.

Discussion and clarification on who is on each of the church committees.

Work will be done in April on the several areas of the parsonage. Jerry will give an update with what is being done and the costs.

Discussion of the transition of the new pastor: She would like to be called Rev. Effie or Pastor Effie. Tom will be getting a estimate for her moving to SOV, and we discussed how we can cover the additional cost of the new pastor. The tentative transition plan is:

- June 14, 2020—Pastor PK will officiate that Sunday and have a church picnic following service.
- June 21, 2020—Pastor PK, Bruce, and Zoe will be in service while it will be led by someone else. This way everyone will have time to say their farewells. PK's last day would be June 14, 2020
- Will be following up with the new pastor to see how she would like to transition into leading SOV.

PK closed with prayer at 7:55. The next meeting is March 23<sup>rd</sup> at 7:00 p.m.

Sandy Knapp

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Shepherd of the Valley  
United Methodist Church  
604 Seven Mile Road  
Hope, RI 02831

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**DO NOT FORWARD—CHANGE SERVICE REQUESTED**  
**TIME VALUE—DO NOT DELAY**

**APRIL, 2020 CIRCUIT RIDER**

## Then this...

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

~Kitty O'Meara